

Laughter

EXTRA! EXTRA! LAFF ALL ABOUT IT!!!

The evidence is in! It's been proven conclusively that laughter really IS good medicine!!!

If you are like most adults, you are laughing, on average, 2 - 8 times a day, even tho, as a child, you laughed hundreds of times daily! What Happened??? Where did your giggles and guffaws and chuckles and squeals and HA's go?! And even more important, how do you get 'em back?

Because by cracking up more, your body and mind and spirit will break down less. There is a huge body of scientific study backing this up. Have pain? Laugh. Memory slipping? Laugh. Can't get over a loss? Laugh! This doesn't imply disrespect for the problem - on the contrary. It speaks of a zest for life, a determination to suck the marrow from every bone life tosses you.

Here's a quandary. Even if you wanted to give this laughter stuff a try, do you remember how? How to let totally loose, howling uncontrollably, till you cry out, 'Stop, stop! My stomach hurts! Don't make me laff any more!' Well, Dr. Lori to the rescue. Herewith, find specific belly laugh instructions!

A successful belly laugh can be done alone or in company of others. The purpose here is to look, sound, and feel as silly as possible. If you are in company of others, kindly notice that they look even more ridiculous than you do, and feel free to laugh at them as you go! If alone, a good goal is to try and be SO loud that folks in nearby cars, apartments, and even neighboring city blocks will hear you and wonder what medication you forgot to take!

Now. Allow giddiness and hilarity to bubble up from your toes, gathering steam and volume as they course thru your system until exploding out of your mouth! Allow the absurdness of the situation to carry you forth into a rollicking, stomach-stretching, red-faced, quiveringly uncontrolled belly laff!!!

And when you're done, answer this. Don't you feel even a LITTLE better, physically and mentally, than you did before you started? And if the answer is yes, you know what to do...LAFF!!!